



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Homann, Detlef

Club: Grubenwehr Bergwerk Ost
Number: 141

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Männer 50 bis 59 Jahre

Total time: 57:18

Speed: 9.42 km/h
Running performance: 6:06 min/km

Rank in course/Total: 269 (of 373)

Rank in course/Men: 220 (of 286)

Best time in course: 31:07

Rank in category: 56(of 80)

Best time in the category: 36:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	12:29	5:40	52	4:40	213	5:27	2.20	12:29	5:40	52	4:40	213	5:27
Rundenzeit	1.80	10:36	5:53	57	3:45	229	4:38	4.00	23:05	5:46	54	8:25	221	10:05
Rundenzeit	1.80	11:10	6:12	62	4:05	237	5:02	5.80	34:15	5:54	57	12:30	223	15:04
Rundenzeit	1.80	11:42	6:29	64	4:35	241	5:39	7.60	45:57	6:02	58	16:56	230	20:43
Finish	1.80	11:21	6:18	55	11:12	212	11:12	9.40	57:18	6:05	56	21:16	224	26:11